

Aikido For Children (Ages 5 - 16 Years)

This program involves various exercises catered to children in order to promote their mental awareness, physical capabilities, and coordinate skills; which ultimately build healthy values, character, and self-esteem. This type of conditioning is essential to children, because it teaches them social skills and the concept of teamwork. Building character can reduce the chance that a young person will react out of fear in a threatening situation. At the end of the class, students participate in various games, which involve the exercises taught.

Instructor: Elmer Tancinco

Class# 10300

Wednesday	Aug 31 - Oct 19	4:15-5:15p.m.
Saturday	Sept 3 - Oct 22	9:00 - 10:00a.m.
Alameda Aikikai	No. of Sessions: 8	Fee: \$103

Class# 10301

Wednesday	Jan 4 - Feb 22	4:15-5:15p.m.
Saturday	Jan 7 - Feb 25	9:00 - 10:00a.m.
Alameda Aikikai	No. of Sessions: 8	Fee: \$103

*You may choose any 8 practice sessions from these days.

Includes practice uniform if you do not already own one.

Ballet 1 (Ages 5 - 6 Years)

In order to achieve the beautiful posture of a dancer, students learn the concepts of stretching, strengthening, and abdominal control. Students learn first and second positions which are the basic exercises that comprise a ballet barre and center floor work - the universal foundation for the training of a ballet dancer.

Instructor: Alameda Ballet Academy

Class# 10305

Monday	Sept 12 - Nov 14*	3:45-4:45p.m.
Ala Ballet Aca	No. of Sessions: 9	Fee: \$182

*No Class October 31, 2011

Class# 10306

Wednesday	Sept 14 - Nov 16	3:45-4:45p.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$202

Class# 10307

Friday	Sept 16 - Nov 18	3:45-4:45p.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$202

Class# 10308

Saturday	Sept 17 - Nov 19	11:15-12:15p.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$202

Pre-Ballet (Ages 4 - 5 Years)

Students are exposed to the basic concepts, rhythms, and positions of ballet. They also learn proper classroom etiquette in a fun, creative, and focused environment.

Instructor: Alameda Ballet Academy

Class# 10302

Tuesday	Sept 13 - Nov 15	4:00-4:45p.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$187

Class# 10303

Thursday	Sept 15 - Nov 17	4:00-4:45p.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$187

Class# 10304

Saturday	Sept 17 - Nov 19	10:15-11:00a.m.
Ala Ballet Aca	No. of Sessions: 10	Fee: \$187

Nutcracker Dance Camp (Ages 5 - 13 years)

Boys and girls will learn how to dance basic ballet. We will also watch dance movies and learn about dance history, music and choreography. There will be a story time and we will work on worksheets, coloring pages, and other crafts related to dance. Students will need to wear a leotard and tights or shorts and a T-shirt. Whether your child has years of experience in dance or none at all, we're sure they'll enjoy themselves in this fun and exciting camp. Culminates in a mini-nutcracker production and holiday party. (12/23 @ 11:30am) *Please bring a healthy snack and drink everyday.

Instructor: Dance 10/Pamm Drake

Class# 10301

Mon - Thur	December 19-22	9:00a.m.-12:00p.m.
Dance 10	No. of Sessions: 4	Fee: \$175

Kindermusik® Imagine That for 3-5 year olds - Hello Weather! Let's Play Together!

Sunshine, rain, snow, thunderstorms, and more in this imaginative and delightful weather-related musical adventure. Preschoolers create storm sounds with a drum to "Wild Storms," jump in pretend puddles to "Mud Puddle Jump," throw pretend snow-balls to "Snowballs," and sing along to "Colors of the Rainbow." With weather as our learning theme, preschoolers will explore musical styles that range from Opera to American folk, and become more self-sufficient in a creative musical environment that integrates music, pretend play, storytelling, movement, and more.

Includes Home Materials: Two books-Michael Finnigan and Hurry Home, Little Kittens, Hello Weather Play Set, Two Home CD with over 63 recordings of the stories, games, and weather sound effects played in class, 46-page Family Activity Book, and two instruments-ankle bells and rain shaker with scraper.

Class# 10311

Tuesday	October 4 - December 13*	11:00am-12:00pm
Veterans Building	No. of Sessions: 10	Fee: \$190

*No Class November 22, 2011